

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Spring Week 3 Friday

Contains
 Does Not Contain
 May Contain
 * No Information

Contains													
Peanuts	Nuts	Crustaceans	Molluscs	Fish	Eggs	Milk	Gluten	Soya	Sesame	Celery	Mustard	Lupin	Sulphur Dioxide and

Product Description

Crispy Baked Fish Fillet in batter (60g) contains

Carbohydrate 8.82g	Energy 502kJ 120kcal	6%	Fat 6.6g	9%	Saturates 0.5g	2%	Sugars <0.5g	0%	Salt 0.30g	5%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 837kJ / 200kcal

Cheese and Tomato Pizza Wheel (82.5g) contains

Carbohydrate 24.21g	Energy 1028kJ 246kcal	12%	Fat 8.5g	12%	Saturates 5.0g	25%	Sugars 2.0g	2%	Salt 0.46g	8%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1247kJ / 298kcal

Chips (100g) contains

Carbohydrate 20.4g	Energy 477kJ 114kcal	6%	Fat 2.8g	4%	Saturates 0.3g	2%	Sugars <0.5g	1%	Salt 0.07g	1%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 477kJ / 114kcal

Chocolate Banana Cake (192.04g) contains

Carbohydrate 42g	Energy 1326kJ 314kcal	16%	Fat 13g	19%	Saturates 2.9g	14%	Sugars 27g	30%	Salt 0.39g	6%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 690kJ / 163kcal

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- Peanuts
- Nuts
- Crustaceans
- Molluscs
- Fish
- Eggs
- Milk
- Gluten
- Soya
- Sesame
- Celery
- Mustard
- Lupin
- Sulphur Dioxide and

Product Description

Chocolate Custard (49.5g) contains

Carbohydrate 5.73g	Energy 154kJ 37kcal	2%	Fat 0.8g	1%	Saturates 0.6g	3%	Sugars 3.5g	4%	Salt 0.06g	1%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 312kJ / 75kcal

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Baked beans (62.4g) contains

Carbohydrate 7.99g	Energy 214kJ 51kcal	3%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 2.3g	3%	Salt 0.34g	6%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 343kJ / 82kcal

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